

DEPARTMENT OF CHEMISTRY
HUMAN NUTRITION & NUTRACEUTICAL CHEMISTRY



INTERNSHIP PROGRAMME

SIMHAPURI HOSPITAL, NELLORE

Aim of the Internship : To give practical knowledge for the students in giving specific diet plans for distinctive disorders.

Department of Dietetics & Nutrition:

All of us realize the importance of making informed food choices and developing sound eating and physical activity habits. But getting the best and most accurate information isn't always easy. Dietitians at Simhapuri Hospitals are here to assist you in your search for answers. Dietitians are experienced, qualified Food and Nutrition experts who are committed to helping you to enjoy a healthy life.

Medical Nutrition Therapy (MNT) is an essential component of comprehensive health care. Individuals with a variety of conditions and illnesses can improve their health and quality of life by receiving medical nutrition therapy. During an MNT intervention for in-patients and out-patients, Dietitians counsel patients on behavioral and lifestyle changes required to impact long-term eating habits and health.

Medical Nutrition Therapy includes:

1. Performing a comprehensive nutrition assessment determining the nutrition diagnosis.
2. Planning and implementing a nutrition intervention using evidence-based nutrition practice guidelines.
3. Monitoring and evaluating an individual's progress over subsequent visits with the dietitians

Dietitians provide MNT and other nutrition services for a variety of diseases and conditions including:

- Cardiovascular Diseases: hypertension, dyslipidemia, congestive heart failure, CABG/PTCA
- Diabetes: Type 1, Type 2, Gestational
- Disease Prevention: general wellness
- Trauma: burns, minor and major accidents, surgical patients
- GI Disorders: celiac disease, cirrhosis and other liver related disorders, Crohn's disease, pancreatitis
- Immune-compromise: food allergy, HIV/AIDS
- Nutritional Support: oral, enteral, parenteral
- Oncology
- Pediatrics: infant/child feeding, failure-to-thrive, inborn errors of metabolism
- Pulmonary Disease: COPD
- Renal Disease: insufficiency, chronic failure, transplantation
- Weight Management: overweight/obesity, bariatric surgery, eating disorders

Clinical services offered by the Hospital:

- General medicine
- General surgery
- Pulmonology
- Cardiology
- Neurosurgery
- ENT
- Medical gastroenterology
- Emergency medicine
- Dental .

Introduction to dietary department;

The dietary department got an important position in hospital. The administration setup of dietary department helps it to function systematically fulfilling its duty. Dietary department is located in separate area in hospital with modern kitchen cafeteria. Objective of the dietary department is to provide nutritious and hygienic food to the patients, attendants, doctors and staffs.

There are two dietitians in the hospital. The diet which goes to the wards is being checked by the dietitians. Both normal and therapeutic diets are given to the patients in reasonable rates. About 500 diets are prepared per day for the whole hospital. Diet is preserved based on nutritional requirement and disease condition.

Hospitality service:

In order to meet the needs of the patients and the attendance, the management of the hospital has arranged catering service. This report deals with the nutritional aspects of the food. The main aim of dietary in hospitals is providing food service. F&B manager manages the kitchen and cafeteria. This report deals with the nutrition aspects of the food.

General function of the dietary department:

The main and foremost function of the department is diet prescription and preparation of diet for the patient. Thus formulate diet for patient and their relatives food is also being served to doctors and hospital staffs and during meeting and seminars in hospital.

KITCHIN:

The kitchen is located in the separate in the hospital. The main and for most function of kitchen is supply of diets for patients. Apart from this diets are also prepared for attendees hospital, staff and doctors. Food is also served for CME meetings and seminars conducted in hospital. The smooth running of the department is consumed by the combined effort of its entire staff.

The kitchen mainly caters food for patients. It also caters food services too the doctors. Staff, patient attenders and visitors. The kitchen provides variety of diets.

Different areas of kitchen:

The kitchen is well equipped to provide hygienic food. It has got different areas for cutting preparation, cooling, serving etc.

Cutting area:

It's for cutting vegetables, fruits and other raw foods it has vegetables cutting wooden plates, knives and boards.

Cooking area:

Cooking area is well equipped with steams and boilers for steam cooking items their milk, vegetables, idly, rice etc.

Servicing area:

This area is equipped with Bain-Marie to serve the hot food to the customers.

Store:

The raw food items are stored in stores refrigeration to store the dietary products, butter, dough and fruits.

Equipment list:

The kitchen is well equipped with most modern equipment.

1. Cutters
2. Steamers

3. Boilers
4. Frying pan
5. Potato peelers
6. Thavas
7. Doughy kneaders
8. Trolley
9. Grinders

Records maintained in the kitchen:

Complete and accurate records are one of the basic requirements for the scientific cost control .records are commonly grouped in to classification the providers of food service operations such as storeroom , receiving ,issuing ,dining room , kitchen control including the cost of the equipment and its up keep . preparing are service of food including a record of number of meals served to the patient , staff and visitors and the cost income and expenses .

Costing of food per meal per patient:

The term cost control has came to mean to the manages of any food services . the control of all items of income and expanse concerned with the functioning of the unit . the purpose of cost accounting as a mean of control is to provide meals for guest or patient . staff and employers as the lowest cost possible consistent with management policy with regards to the quality of quantity of food to be served.

The cost of diet given to the patient is charged as under the package that is the cost of meals is included in the hospital bill as a package for the whole stay and food taken . the charges include all the items being served from early morning to the bed time . it the patient is kept under fasting (NBM) he is not charged for the food .

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List of the students perform the internship in simhapuri hospital under the supervision of **K.NAGARAJU** ,Dietitian Simhapuri hospitals Nellore.

SNO	NAME	CLASS	TOPIC	PERIOD
1	A.Sandhya	II MSC –IV SEM	Cardiovascular diseases	26-12-2018 To 31-1-19
2	B.Vasavi	II MSC –IV SEM	Diabetes	26-12-2018 To 31-1-19
3	K.Kaveri	II MSC –IV SEM	Trauma	26-12-2018 To 31-1-19
4	K.Thejovathi	II MSC –IV SEM	Crohns diseases	26-12-2018 To 31-1-19
5	P.Kathyani	II MSC –IV SEM	Food allergy	26-12-2018 To 31-1-19
6	SK.Afrin	II MSC –IV SEM	Pulmonary disease	26-12-2018 To 31-1-19
7	SK.Roshan	II MSC –IV SEM	Renal disease	26-12-2018 To 31-1-19
8	U.H .Swarnalatha	II MSC –IV SEM	Obesity	26-12-2018 To 31-1-19